

**VOLUME 65 NUMBER 1**

**JANUARY 6, 2024**

# ***THE KWAJALEIN HOURGLASS***

**A BRILLIANT FIREWORKS DISPLAY LIGHTS THE NIGHT SKY  
OVER KWAJALEIN DURING NEW YEAR'S EVE CELEBRATIONS  
AT EMO BEACH, DEC. 31.**



**JESSICA DAMBRUCH**

**TEAM KWAJ 2**  
**CELEBRATES NEW YEAR'S**

**GENERAL THOUGHTS 3**  
**WITH SMDC COMMANDING GENERAL**

**SERVICE AND FLIGHT 4**  
**WITH RTS DIRECTOR**



# NEW YEAR'S EVE ON USAG-KA

U.S. ARMY PHOTO BY STEPHEN ELSON

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U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

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Team Kwaj bid farewell to the year 2023 with community celebrations on Kwajalein and Roi, and a fireworks display at Emon Beach. 1) Not even a sudden rainshower could dampen Kwaj spirits at the MWR New Year's Eve celebration. Pictured here, island residents wait out the rain while enjoying snacks under the main pavilion. 2) USAG-KA Commander Col. Drew Morgan and USAG-KA Command Sgt. Maj. Ernest Miller gave the countdown for new year's eve fireworks at Emon Beach, Dec. 31, 2023. 3) Personnel from visiting entertainment ensemble Yolah Band perform at Emon Beach on Dec. 31.

## WHAT'S ON YOUR KWAJ BUCKET LIST FOR 2024?

If you've just recently arrived on Kwajalein, welcome! As of this issue, you have 51 weeks of island sunshine to check out what the atoll has to offer. Below are a few ideas to get you started.

Learn to drive a B-boat  
Snorkel at Emon Beach  
Learn to Scuba Dive  
Visit an outer island  
Visit Ebeye and Ennibur  
Try fried rice at an Ebeye restaurant

Catch an award-winning mahi  
Earn your Team Kwaj tab  
Take historic island walking tours  
Drink fresh coconut juice  
Locate the Kwajalein surf point  
Visit Beckley Beach

Observe bioluminescence in the water  
Compete in a Kwajalein Running Club event  
Learn new Marshallese phrases  
Eat a Roi Missile Burger  
Attend a movie at the Richardson Theater  
Try to spot a Kwajalein sea turtle

## THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army's 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944. The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll.

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Garrison CS.....Command Sgt. Maj. Ernest Miller  
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# GENERAL THOUGHTS

INTERVIEW WITH LT. GEN. DANIEL KARBLER, COMMANDING GENERAL,  
U.S. ARMY SPACE AND MISSILE DEFENSE COMMAND

// FEATURE // JESSICA DAMBRUCH

Lt. Gen. Daniel Karbler, commanding general, U.S. Army Space and Missile Defense Command, visited the Kwajalein in fall 2023.

While he was on island, Karbler participated in a Team Kwaj heritage walk and earned his Team Kwaj tab from his longtime protégé, NASA astronaut and USAG-KA Commander Col. Drew Morgan.

Karbler shared his thoughts on Army service and Kwajalein's continuing mission in an interview at the island's radio station.

The following begins a brief series of excerpted interviews, sharing the general's outlook on the future of the Army, Team Kwaj, and what it means to be a Soldier.

## On Top Priorities For U.S. Army Space and Missile Defense Command and U.S. Army Garrison-Kwajalein Atoll

As far as our top three mission priorities, we have to make sure that we are truly putting people first. We are a people business.

You know, many times we get lost in all the technology that our particular business is involved with, whether it's space missile defense missions or we're doing testing. You're just surrounded by all sorts of different technology. But we've still got to make sure that people are first. In that, we're taking care of them.

Obviously, you take care of the family and take care of folks, but I also refer to things like professional development—making sure that they get recognized, making sure that supervisors know how to coach, teach and mentor their subordinates, and know

how to bring them along.

It's focusing on the people, but also focusing on what people can do and what we can do for people. That's really the top priority. Then, we do have to make sure that we're accomplishing our mission.

Whether that's the operational missions that I'm charged with in the space and missile defense arenas, or whether that's doing testing support or research and development or developing concepts or trying to build out future forces for Army space to meet the Army of 2030 requirements.

Third, we have to make sure we're moving the ball down the field. We can't just sit on our laurels. We've got to keep looking forward.

We're in a resource constrained environment, so we have to make sure we identify where we're going to put our last dollar, and where our priorities are at to make sure we're fulfilling those requirements.

Then, there are my priorities for Kwaj. I looked at Col. Morgan's Team Kwaj Community Pact and the Team Kwaj Teammate Pact.

I believe in them.

I can't say it any better than what he has written down in those two memos. They're really good. I participated in the 6-mile hike to earn my Team Kwaj tab, which I will wear with great pride. I had seen it on Col. Morgan's notebook, and I looked at that and said, "I want one of those."

He said, "Well, so you've got some requirements to meet."

## On Leading PT with Team Kwaj

I'm going to share with everybody my workout routine that I've been doing now for 1,302 days straight since Feb-



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

USAG-KA Commander Col. Drew Morgan, left, greets longtime mentor, Lt. Gen. Daniel Karbler, commanding general, U.S. Army Space and Missile Defense Command, right, shortly after Karbler arrived at Bucholz Army Airfield on U.S. Army Garrison-Kwajalein Atoll in fall 2023.

ruary 20th of 2020.

When COVID started, I began this workout routine and I haven't missed a day since. I told Col. Morgan anybody who wants to come out and participate is welcome.

I will make sure that this is a team building event, and not a team destruction event.

We will make sure that everybody enjoys themselves and gets a good workout at the same time. But you are going to have to listen to my soundtrack, my workout soundtrack, too, which is an eclectic mix of mostly "old geezer guy 80's music."

It will probably raise a few eyebrows but, oh well, that's my list, not anybody else's.

## Thoughts on Army Service

I'm very, very happy to still be in command. We're the number one command in the

Army and the Department of Defense, according to the Federal Employee Viewpoint survey results.

That's just not me spouting some hyperbole. We have the number one ranked command. Every day, I come in to work at the number one command.

Until I retire, I am staying positive and setting a good example for everybody, as we continue. It's kind of simple in my mind.

You know, anybody who joins the Army learns about their general orders.

The Army's first general order is I will guard everything within the limits of my post and quit my post only when properly relieved. So, that's stayed with me for 40 years. I'll quit my post when I'm properly relieved.

Until then, we'll just keep serving.



*Ronald Reagan Ballistic Missile Defense Test Site Director Lt. Col. Casey Rumfelt at RTS headquarters on U.S. Army Garrison-Kwajalein Atoll.*

U.S. ARMY PHOTO BY JESSICA DAMBRUCH

# THE FLIGHT PATH: REAGAN TEST SITE DIRECTOR DISCUSSES SERVICE

// FEATURE // JESSICA DAMBRUCH

**Ronald Reagan Ballistic Missile Defense Test Site Director Lt. Col. Casey Rumfelt joined the Army to pursue his dream of flight. Over the years, he has deployed to fulfill diverse career assignments in the Middle East, on Capitol Hill and on U.S. Army Garrison-Kwajalein Atoll.**

This article was first published in video form on the USAG-KA YouTube Channel in fall 2023. Read on to learn more about the trajectory that brought Rumfelt to Kwajalein, and how choosing the “flight path” shaped his future career.

**I became a Soldier** by fate. I’m a military brat. My father was in the service. All my extended family served in the Department of Defense in some way. So, from a very early age, I knew I was going to be in the Army.

I was into flying and aviation and knew I had to figure out a way to fund that dream. So, for me, service was not only an opportunity to serve my coun-

try and to have the experience of selfless service, but also to accomplish a personal goal of mine: flight.

I received my commission in 2005 from the University of North Dakota where I branched Army Aviation. I attended flight school at Fort Novosel and was assigned into the AH-64 Apache. I did that for 10 years and deployed multiple times in that airframe to Afghanistan and Iraq. I flew in support of both of those missions. I was with Fourth Infantry Division in Texas at Fort Cavazos and Fort Bliss.

When I returned from my mission sets, and things were slowing down operationally, I made the decision to jump over to a functional Area 51 Alpha, which is the Acquisition Corps. I became a level three program manager within Army Acquisitions.

I’ve served with Program Executive Office for Aviation in Huntsville, Alabama, in the 58 Delta Office where we essentially terminated an aircraft program. Then, I moved over to PM Apache

for two years. I had an opportunity to deploy again as an acquisition officer to Kabul, Afghanistan and was stationed at Resolute Support Mission.

After I returned to the United States, I went to the Naval Postgraduate School where I earned a master’s degree in business administration in Defense Acquisitions.

Upon completion, I returned to Fort Novosel where I worked on the requirements for future vertical lift.

If you’re not familiar with the program, it’s an exciting time for Army aviation. The number one priority is the future attack reconnaissance aircraft. I was assigned to the team that was helping to develop program requirements. It was, and is, an ongoing program.

While working in this area, I received a call from a mentor of mine, Maj. Gen. Robert Barry, who at the time was Program Executive Office for Aviation.

He asked if I had ever considered working in Washington D.C.

I said, “Well, Sir, what’s the job?”

He started talking to me about the Army Office of Chief Legislative Liaison. It’s an important mission. We help Congress understand the president’s budget and what he’s asking for with all our defense needs, and why and how we’re funding those. We also assist Congress in getting eyes on the thing that they’re helping to fund.

Congress obviously can provide oversight—and they do provide that oversight. As a legislative liaison, my job was to fulfill that need from Congress.

It was an interesting three years. I worked in the Pentagon and directly on Capitol Hill each day, with Congress and different office members.

Upon completing that job, I saw Kwajalein was an option. Coming here was something that had interested me in the past. I jumped at the opportunity.

While I was in the Pentagon, in his speeches, Gen. James McConville would say that serving in the Army is a family business. He has statistics that describe how 80 percent of Soldiers today have family that were also in the service.

When I first heard him give that speech, that rang so true for me. It was one of those moments where I knew it applied to my situation. That is the story of how I came to Kwajalein.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

*Recognition for a job well done: Ronald Reagan Ballistic Missile Defense Test Site Director Lt. Col. Casey Rumfelt, right, congratulates vocalist Elasia Riklon with a challenge coin during a George Seitz Elementary School assembly in fall 2003. Riklon earned the recognition for a community service—the singing of the Republic of the Marshall Islands’ national anthem during an island ceremony.*

# U.S. ARMY SPACE AND MISSILE DEFENSE HISTORY

BY SHARON WATKINS-LANG, SMDC HISTORIAN

**U.S. Army** Space and Missile Defense Command assets are often used in support of disaster relief efforts. From Jan. 4 through Feb. 9, 2005, the Spectral Operations Resource Center at Colorado Springs, Colorado, provided support to disaster relief efforts in Sumatra, Sri Lanka and Thailand following the deadly tsunami of Dec. 26, 2004.

Caused by a 9.1 earthquake beneath the Indian Ocean, the tsunami produced a series of massive waves that devastated this region as well as sections of East Africa.

In some areas, 30-foot waves hit densely populated low-lying coastal areas. One of the largest natural disasters in recorded history, the tsunami killed at least 225,000 people. The SORC's satellite maps of population areas helped search and recovery teams locate survivors.

Other satellite images focused upon before and after images of highways and road systems, as well as assessments of land saturation levels, to identify viable routes and alternatives for effective means provide relief supplies where needed.



*Above right: A coastal floodmap of Japan indicates the damage caused by the December 2004.*

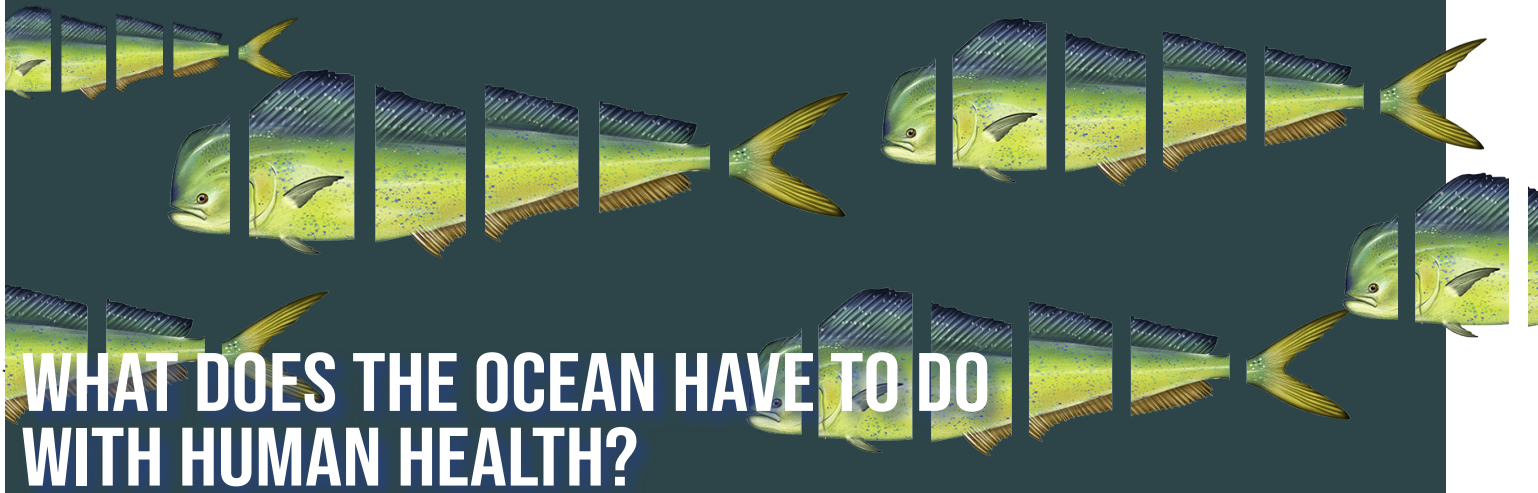
SAVE  
THE DATE

80<sup>th</sup>

OPERATION  
FLINTLOCK

ANNIVERSARY COMMEMORATION

1-3 FEBRUARY 2024



NOAA PHOTO

## // EXTERNAL REPORT

**By the National Oceanic and Atmospheric Administration**

**The ocean is closely tied to human health.**

**Our ocean** and coasts affect us all—even those of us who don't live near the shoreline. Consider the economy. Through the fishing and boating industry, tourism and recreation, and ocean transport, our coastal and marine waters support millions of jobs. U.S. consumers spend more than one billion dollars annually for fishery products.

Then there's travel and tourism. Our beaches are a top destination, attracting millions of people a year. And let's not forget about the Great Lakes—these vast bodies of water supply more than 40 million people with drinking water. Our ocean, coasts, and Great Lakes serve other critical needs, too—needs that are harder to measure, but no less important—such as climate regulation, nutrient recycling, and maritime heritage.

Last but not least, a healthy ocean and coasts provide us with resources we rely on every day, ranging from food, to medicines, to compounds that make our peanut butter easier to spread! So what does all of this have to do with human health?

### **Ocean in Distress**

When we think of public health risks, we may not think of the ocean as a factor. But increasingly, the health of the ocean is intimately tied to our health.

One sign of an ocean in distress is an increase in beach or shellfish harvesting closures across the nation. In-

tensive use of our ocean and runoff from land-based pollution sources are just two of many factors that stress our fragile ecosystems—and increasingly lead to human health concerns.

Waterborne infectious diseases, harmful algal bloom toxins, contaminated seafood, and chemical pollutants are other signals. Just as we can threaten the health of our ocean, so, too, can our ocean threaten our health. And it is not public health alone that may be threatened; our coastal economies, too, could be at significant risk.

### **Closing the Safety Gap**

Throughout the U.S., there are thousands of beach and shellfish closures or advisories each year due to the presence of harmful marine organisms, chemical pollutants, or algal toxins.

To address public health threats and benefits from the sea, NOAA scientists and partners are developing and delivering useful tools, technologies, and environmental information to public health and natural resource managers, decision-makers, and the public.

These products and services include predictions for harmful algal blooms and harmful microbes to reduce exposure to contaminated seafood, and early warning systems for contaminated beaches and drinking water sources to protect and prevent human illness.

### **Emerging Health Threats**

Whales, dolphins, and other marine mammals eat much of the same seafood that we consume, and we swim in shared coastal waters. Unlike us, however, they are exposed to potential ocean health threats such as toxic algae or poor

water quality 24 hours a day, seven days a week. These mammals, and other sentinel species, can shed important light on how the condition of ocean environments may affect human health now and in the future.

As the principal stewardship agency responsible for protecting marine mammals in the wild, NOAA's Marine Mammal Health and Stranding Response Program supports a network of national and international projects aimed at investigating health concerns.

This research can not only warn us about potential public health risks and lead to improved management of the protected species, but may also lead to new medical discoveries.

### **Cures from the Deep**

Keeping our ocean healthy is about more than protecting human health—it's also about finding new ways to save lives. The diversity of species found in our ocean offers great promise for a treasure chest of pharmaceuticals and natural products to combat illness and improve our quality of life.

Many new marine-based drugs have already been discovered that treat some types of cancer, antibiotic resistant staph infections, pain, asthma, and inflammation.

**The National Oceanic and Atmospheric Administration provides information and resources for science and ocean aficionados around the world. To learn more about the world's oceans and what you can do to improve ocean health, visit [oceanservice.noaa.gov](https://oceanservice.noaa.gov).**

# ARMY ASKS FOR HELP IN ALLEVIATING BURDEN ON AIR AND MISSILE DEFENSE SOLDIERS

U.S. ARMY REPORT

By Joe Lacdan, Army News Service

**WASHINGTON**—The Army and the joint force must help reduce the stress of heavily tasked Soldiers in air and missile defense formations, an Army leader told lawmakers on Dec. 7.

The Joint Integrated Air and Missile Defense force has taken increased importance in ongoing combat operations, said Maj. Gen. Sean Gainey, director of the Joint Counter-Unmanned Aircraft Systems Office and director of fires, Office of the Deputy Chief of Staff for Operations, Planning and Training. U.S. Army air and missile defense deployments worldwide have greatly impacted Soldiers and their families, he said.

“We’ve asked a lot of our air and missile defense formations, and in every instance, they have responded to every call,” Gainey said to the House Armed Services Committee’s subcommittee on strategic forces. “The cost has been decreased time [at] home. It’s having a strain on the force. Army leadership recognizes that strain. And the Joint Staff and [Army] leadership has looked at reducing demand.”

Brig. Gen. Clair Gill, Joint Staff deputy director for regional operations and force management, said missile-related threats have rapidly expanded and grown in sophistication, maneuverability and lethality, placing more stress on Soldiers and troops in other branches.

Nearly all Soldiers in air defense units have exceeded the Secretary of Defense requirement of remaining home for a minimum of two years following a one-year deployment, Gainey added.

Gainey said that the Army shares the responsibility of integrated missile defense with other services. He said to alleviate the burden placed on Soldiers, the Army has been working closely with sailors assigned to the Navy’s Aegis Ballistic Missile Defense System and troops in the Air Force counter-air operations program. Soldiers have also worked closely towards integration with allied nations during mass exercises.

“This additive capability, and its associated force structure is designed not only to defeat the threat, but to min-



U.S. ARMY PHOTO BY MAJ. ROBERT FELLINGHAM

*Right: Maj. Gen. Sean Gainey, Joint Counter-Unmanned Aircraft Systems Office and director of fires, Office of the Deputy Chief of Staff for Operations, Planning and Training, presented Sgt. Jose Martinez with a challenge coin in recognition of his outstanding performance while deployed in support of air defense operations with the 5th Battalion, 7th Air Defense Artillery in southeast Poland. On Dec. 7, Gainey testified before lawmakers that the joint force must help alleviate some of the burden placed upon Soldiers in air and missile defense.*

imize the impact on Soldiers and their families,” said Gainey, who the Senate recently appointed to the rank of lieutenant general and will become commander of the Army Space and Missile Defense Command in Redstone Arsenal, Alabama.

Gainey asked for the help of lawmakers to assure funding for construction of facilities and quality of life initiatives for air and missile defense Soldiers, including those assigned to the defense of Guam.

“Support to the quality-of-life programs will also be a critical part to continue the improvement in getting after the health of force initiatives,” Gainey said. “The Air and Missile Defense formations are the most deployed formations in the Army. And several times those systems are deployed early into an environment, the quality-of-life facilities aren’t in place for the Soldiers.”

Soldiers and sailors have been build-

ing the defense infrastructure of Guam, a strategic location for U.S. forces in the Pacific that could be pivotal in future conflicts. Soldiers assigned there not only have limited services and facilities but must also contend with geographical challenges such as typhoons.

Gainey said the military and government must act now to lessen the burden on missile defense Soldiers and their families. Families must endure long periods of separation when Soldiers frequently deploy.


“The importance of the work that our air and missile defense Soldiers do each and every day in support of the Army, and the nation cannot be overstated,” Gainey said. “And I want to thank you for your continued support to them and their families. Our Army’s contribution to defeat the wide range of evolving threats continues to improve in both capability and capacity as we build towards the future Army.”



# REACH ONE

Together, We Can Provide Help, Hope and Healing for Our Army.



 **24/7 HELP CALL 1-800-273-TALK (8255)**

# CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to [kwajaleinhourglass@vectrus.com](mailto:kwajaleinhourglass@vectrus.com) Wednesdays by close of business. Ads received after deadline will be published in the next issue of The Kwajalein Hourglass.

## ANNOUNCEMENTS

New 2024 Kwajalein Dining Services  
Meal Prices (for all cash customers)

Breakfast - \$4.35  
Lunch - \$7  
Dinner - \$6.05  
Holiday - \$11.40

ANGEL TREE IS JAN. 14. The third annual Angel Tree program will take place Jan. 14 at 1 p.m. in the AAFES Food Court. Contact CW2 Nate or Melissa Elkins, or David House, at 480-3421/0133 for more information. The RMI Liaison Office is open Tuesday through Saturday from 10 a.m. – 5:30 p.m.

2024 PCB Management Training (ENV-190). Required training for contractors and tenants that manage PCB items will be conducted by the Environmental Services Department in January and February 2024. Kwajalein: Religious Education Building (REB) Conference Room. Wednesday, Jan. 24, 2024, from 9 – 11 a.m. Roi-Namur: TRADEX Conference Room, Thursday, Feb. 1, 2024, from 9 – 11 am. Please call the Environmental Services Department at 480-2633.

CAC OFFICE. Before your visit to the Common Access Card Office, ensure all paperwork is completed by your human resources representative before making an appointment. Bring two forms of government-issued IDs with you to your appointment. Walk-in appointments are welcome, but there may be a wait. CAC Office Hours, Bldg. 835, are Tuesday – Saturday, 8 a.m. – 4 p.m.; (Lunch: noon – 1 p.m.). Call 480-8496.

HYDRANT TESTING BEGINS. The Kwajalein Fire Department will begin annual water hydrant testing beginning next weekend.



Please observe the **RED FLAG** hazard area.

Questions? Contact the police desk at 480-9045 or 4445.

Testing will begin on the south end of the island and is expected to continue through January 2024. The community is advised to stay clear of the hydrants during testing.

## CHILD & YOUTH SERVICES.

All youth must be register at the USAG-KA Child & Youth Services to participate in activities. Call 480-3796 for information.

CYS TEEN BBQ. Sunday, Jan. 21 from 5 – 7:30 p.m. at the Namo Weto Youth Center. Students are required to register at the Youth Center to attend. For more, call 480-3796.

CYS TEEN BEACH CLEAN-UP. Sunday, Jan. 28 at 1:30 p.m. Teens, do you need service hours? Do your part for the environment by meeting at the Namo Weto Youth Center at 1:30 p.m. to be part of a trash pick-up crew.

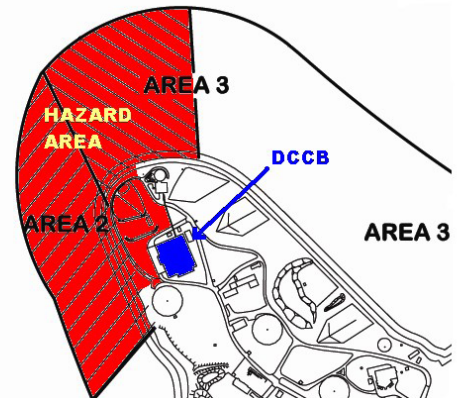
## DINING

### SHORT ORDER MENU

USAG-KA Warrior Restaurants  
Available Now on Kwaj, Meck and Roi

Grilled Zamperini Burger\*  
Grilled Turkey Burger\*  
Grilled Italian Sweet Sausage \*  
Grilled Bratwurst\*  
Shredded BBQ Pork\*  
Philly Cheesesteak\*  
Chicken Tenders\*  
Chicken Nuggets\*  
Corndog/Hotdog\*  
Vegan Black Bean Burger\*

USAG-KA service members will conduct a small arms range on Jan. 6, 2024 from 1 – 5 p.m.



## Vegan Chicken Tenders\*

French Fries  
Onion Rings  
Tater Tots

Sweet Potato Fries  
Jalapeno Peppers  
Grilled Onion Slices  
Grilled Mushrooms  
Chili

Baked Beans

Sliced American Cheese  
\*Starred items served daily

## DRIVER'S LICENSING CLASSES

Kwajalein Driver's Licensing classes meet Wednesdays, 9 a.m. – Classes for RMI Workforce; 1 p.m. – Classes for expat Workforce. Classes are in Bldg. 856 Rm. 101 Vehicle Maintenance Compound. Space is limited. Registration is encouraged. For more information, call 480-3376. To register, email [brian.arnett@vectrus.com](mailto:brian.arnett@vectrus.com) and [kaisha.wilson@vectrus.com](mailto:kaisha.wilson@vectrus.com).

Roi Driver's Licensing classes meet second Wednesdays in C-building. No registration needed. Class times are as follows: 9 a.m. – Classes for RMI Workforce; 1 p.m. – Classes for expat Workforce.

## EVENTS

Call 480-4198, visit the MWR Desk in the Grace Sherwood Library, Bldg. 805, and visit the Kwajalein Community Events Facebook page.

Monthly Oceanview Club Nights  
From 8 p.m. – midnight



## VARIETY SHOW AUDITIONS!

### Open to adults and 6th-12th graders

#### AUDITION #1

Sat., Jan. 27  
4 - 6 P.M.

Location:  
**MP ROOM**

#### AUDITION #2

Sat., Feb. 10  
4 - 6 P.M.

**Must be able to attend the DRESS REHEARSAL on Sat., March 16 from 4 - 7 p.m. & the VARIETY SHOW on Sun. March 17 starting at 6 P.M.**



1st Saturday: Karaoke Night  
2nd Saturday: Salsa Night  
3rd Saturday: Country Night  
4th Saturday: R&B Night

Kwajalein Community Fitness  
10-Day Challenge, Jan. 16 - 25.

Collect "coconuts" by posting an accountability photo in the Kwajalein Community Fitness group page on Facebook.

1 coconut = 1 entry to a prize drawing  
2 coconuts = Use your MWR class pass to attend a class

Complete a daily challenge activity from the calendar.

15 coconuts: Attend three MWR fitness classes.

25 coconuts: Complete all daily activities on the 10-Day calendar.

Day 01 - 20 Minute Walk  
Day 02 - 15 Minutes Bodyweight Training  
Day 03 - 15 Minute Yoga  
Day 04 - 20 Minute Strength Training  
Day 05 - 30 Minute Walk  
Day 06 - 15 Minute Cardio  
Day 07 - 20 Minute Strength Training  
Day 08 - 30 Minute Walk  
Day 09 - 20 Minute Yoga  
Day 10 - Your Choice

Join the Kwajalein Fitness Facebook group. Complete the daily activity and post an accountability photo in the group to collect two coconuts.

CYS VARIETY SHOW Auditions. Open to adults and students in grades 6 - 12 at the MP Room. Audition 1 is Saturday, Jan. 27, 4 - 6 p.m. Audition 2 is Saturday, Feb. 10, from 4 - 6 p.m. Participants must be able to attend the dress rehearsal on Saturday, March 16 from 4 - 7 p.m. and the Variety Show on Sunday, March 17, beginning at 6 p.m. Event sponsored by USAG-KA CYS.

#### E-WARENESS ENIWETAK CONSERVATION AREA

The ECA was established for conservation of wildlife and coral reef. Visitors are NOT allowed without consent from USAG-KA. This includes the waters and reefs surrounding Eniwetak. For more information call RGNNext at 480-8855.

Eniwetak Conservation Area ej juon jikin eo emoj kajenolak e bwe en jikin kejbarok menin mour ko ion ene/lojet im bar einwot kein ekkan ko ie im bedbed eo. Jabdewot armej ejjab maron etal nan ijin elane ejjelok melim ak men ko erlok wot jen USAG-KA. Elane elon kajjito, jouj im kurlok RGNNext ilo 480-8855.

#### FACILITIES & HOURS

MILLICAN FAMILY POOL. Closed for cleaning on Thursdays. Open noon to 5 p.m. Tuesdays, Wednesdays, Fridays and Saturdays. Open 11 a.m. to 5 p.m. on Sundays and Mondays.

KWAJALEIN SMALL BOAT MARINA hours of operation. 7:30 a.m. - 6 p.m. Friday



**Contact the USAG-KA Sexual Harassment/ Assault Response and Prevention Victim Advocate**

**Chief Warrant Officer 2 Nate Elkins  
SHARP Victim Advocate  
Work: 480-0660 or 480-3421  
USAG-KA SHARP Pager:  
808-580-3241  
DOD SAFE Helpline: 877-995-5247**

through Monday, and on holidays, excluding Thanksgiving and Christmas. Morning boat reservation times are from 7:30 a.m. - noon. Afternoon boat reservations are from 1 - 5 p.m.

ROI-NAMUR SMALL BOAT MARINA hours of operation. 8 a.m. - 6 p.m. Friday through Monday, and on holidays, excluding Thanksgiving and Christmas. Morning boat reservation times are from 8 a.m. - 12:30 p.m. Afternoon boat reservations are from 1 - 5 p.m.

ARMA. Log in to ArMa, the Army Maintenance Application, to report issues for all buildings maintained by the Department of Public Works. Contact Public Works at 480-3550.

For more information, please call 480-3364 or email Chief Gregory Collins at gregory.collins@gov2x.com.

#### FLIGHTS

**\*\*Please note that all flights are subject to change.\*\*** For the latest update on your flights on United, ATI or Air Marshall Islands:

ATI: 480-2169; AMI: 480-3469;  
United: 480-4852 or 1-800-UNITED1;  
Air Terminal Services: 480-2660;  
Flight Information Recording: 480-3589

UA Schedule Effective Now  
 Monday and Friday—UA 155 (HNL)  
 Check-in 2 – 4:50 p.m.  
 Wednesday—UA 133 (HNL)  
 Check-in 2 – 4:15 p.m.  
 Tuesday and Saturday—UA 154 (GUM)  
 Check-in 10:45 – 11:15 a.m.

FLYROI RESERVATIONS. To schedule reservations and for correspondence related to flights, email LCVKwajalein-FlyRoi@wsp.com.

#### HEALTH

KWAJALEIN HOSPITAL WALK-IN CLINICS. Available to the community now, 1:30 – 6 p.m. Flu shots are also available on a walk-in or appointment basis, Tuesday through Saturday, from 7:30 a.m. 4:30 p.m. A bivalent COVID-19 vaccine booster is available for those aged 12+ if it has been more than 120 days since their initial bivalent COVID-19 vaccine dose. To register, please email judy.wiser@internationalssosgs.us, or call 480-2223 for additional questions.

NOT FEELING WELL? Call 480-2223 to make an appointment for a COVID-19 test, Tuesday through Saturday from 7:30 a.m. – 4:30 p.m. If you are not feeling well, please wear a mask when you are around others in the community.

VET SERVICES. Pet owners must notify Kwaj Vet Services before vacation. A pet sitter authorization form for treatment is required prior to departing Kwaj. Reach Vet Services at 480-2017 Tuesday through Saturday from 7:30 a.m. – 4:30 p.m.

KWAJ SALON staff cannot treat headache. Thank you for your understanding.

EAP SERVICES. The EAP provides mental health services on Kwajalein, Roi Namur and Meck which include but are not limited to the following:

- Psychological assessments
- Counseling
- Anxiety and depressive disorders
- Family distress
- Post-traumatic stress disorder assessment and counseling
- Job - and - work - related counseling
- Cross-cultural adjustment issues in counseling
- Crisis management consultation
- Conflict mediation/resolution
- Addiction counseling
- Consultation on violence in the workplace
- Crisis management for employees assigned to USAG-KA



**Valentine's Dinner**  
**Sunday, Feb. 18**  
**Vets Hall**  
**Doors open at 6:30 p.m.**  
**dinner service begins at 7 p.m.**  
**Four-course steak dinner**  
**Tickets sales open on Jan. 27**  
**Live Music by Band of the Year**  
**All proceeds benefit the Yokwe Yuk Welcome Club's Education Assistance Fund**



**CAN YOU GIVE TWO HOURS A MONTH?**  
 The Bargain Bazaar & Mic Shop are looking for new volunteers  
**Contact YYWCinfo@gmail.com for information on how to get involved**

EAP services are also available to the management structure to improve employee retention, performance improvement plans, workplace resilience, and the development of people management skills to build and maintain effective teams. Employee Assistance Program counselor (EAP) Kenneth Thomas MHS, LPC, LCADC, can be reached at kenneth.thomas@internationalssosgs.us or 480 - 5362.

PRAYER AND PRAISE NIGHT. Every first Sunday at 7 p.m. in the large chapel on Kwajalein. This open worship night is free and open to everyone.

CHAPEL COUNSELING AVAILABLE. For those who seek religious guidance,

general counseling, and who may have questions related to family counseling, all are welcome to schedule an appointment with Ch. Brian Conner at the Island Memorial Chapel by calling 480-3505.

ROI SERVICES. Catholic Mass will take place on Roi at 6:30 p.m. on the second and fourth Fridays of each month. Protestant services will take place every first and third Friday of each month.

#### JOBS

To apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit usajobs.gov.

ARKEL International is hiring. Send CVs and resume to christopher.fuents@arkel.com and jasper.gomez@arkel.com. Visit Arkel online at <http://arkel.com>. Call 480-1006 for more information.

**ENVIRONMENTAL HEALTH AND SAFETY MANAGER.** KFS LLC is accepting resumes for a Health and Safety Manager to support an upcoming Environmental Project on Kwajalein. Visit <https://honuserVICES.jobs.net/en-US/job/health-and-safety-manager/J3N1RL6KDG9RWPTYQDF> for additional information, including the full job description, qualifications, and resume submission instructions.

**NAN, INC.** seeks a project engineer, welder, welding inspector, quality control manager, and site safety and health officer. To apply, visit [www.nanhawaii.com](http://www.nanhawaii.com) and contact Clint Ueatari at 480-2632, 480-4995 or 480-4996.

**PARSONS** is now accepting applications for an office clerk, heavy equipment operator, quality control technicians, concrete finisher, general labor and masonry. Please visit the Parsons office to apply or apply online <http://parsons.com/careers>.

**QUANTUM DYNAMICS, INC.,** is accepting resumes for positions on Kwajalein and Roi-Namur in the following areas: vehicle maintenance, transportation motor pool, movement control and custodial. Apply at <https://qdyncorp.com/home/careers/>. You may also visit the HR Office in Bldg. 700. Contact the Human Resources manager at 480-0782 or administrative assistant at 480-4916 for more information.

**RGNEXT, LLC** seeks qualified candidates to fill open positions on Kwaj and Roi in engineering, technical, COMSEC and other areas. To apply, visit [rgnext.com](http://rgnext.com).

**SUBSTITUTE TEACHERS WANTED.** Kwajalein School System is now hiring substitute teachers. Qualifications: 4-year degree; confidentiality; love of working with children; favorable status for CNACI (will receive background check after accepting offer). Send resumes to [uhrenp@kwajaleinschools.org](mailto:uhrenp@kwajaleinschools.org). For more information call 480-3601.

**TRUESTONE** is hiring for multiple positions. Contact Tribalco Human Resources at 480-4344 and visit <https://www.akima.com/careers/>. Visit [www.tribalco.com/careers.html](http://www.tribalco.com/careers.html).

A Sweet Way to Support Education  
in the Marshall Islands!

## Ice Cream Social

Monday, Jan. 15

3:30-5:30 p.m.

Emon Beach Main Pavilion

All proceeds benefit the Yokwe Yuk Welcome Club's  
Education Assistance Fund



## MLK DAY OF SERVICE Community Beach Cleanup

Organized by Tri-M Music Honor Society at KSS  
All students, families, and friends of the Band welcome!



Monday, Jan. 15

12:45 – 3 p.m.

Starting and Ending at Multi-Purpose Room  
Bring: Water bottle, gloves, closed-toed shoes,  
sun protection



Leaders Inspire  
Culture Change.

# DEMONSTRATE HUMILITY.



TORCH TECHNOLOGIES seeks an MDA Support Analyst (Req#5588). The candidate will support the Missile Defense Agency on Kwajalein. This position is an on-island accompanied position with housing. Applicants must possess an active clearance. Please apply directly at <https://torchtechnologies.hva.hrsmart.com/hr/ats/Posting/view/5588>. For questions, email [dalia.kardaman@torchtechnologies.com](mailto:dalia.kardaman@torchtechnologies.com).

V2X JOBS. V2X has several opportunities for on-island hires: Harbor Controller I (35649), Logistics Analyst (32717), Inventory Associate (35067), and Bartender (32355). Apply online at [www.careers.vectrus.com](http://www.careers.vectrus.com) or stop by the HR office in building 700.

#### NEWCOMERS

ISLAND ORIENTATION and Newcomer's Briefings occur in the REB, behind the Island Memorial Chapel. To register, email

[KWAJ\\_OSO\\_Ops@Vectrus.com](mailto:KWAJ_OSO_Ops@Vectrus.com) or call 480-3511.

OPSEC. See something, say something. All employees on USAG-KA are required to receive annual Threat Awareness and Reporting Program (TARP) training provided by KRO; Reporting: Report suspicious activities to the Kwajalein Resident Office at 480-9859/1293/8006 or Bldg. 1163.

#### POST OFFICE

2024 Kwaj Post Office Closures  
Jan. 15 – Martin Luther King Jr. Day;  
Feb. 19 – G. Washington Birthday;  
May 27 – Memorial Day.

PCS & VACATION TIPS. Customers must notify the post office before leaving for 30 days or PCS'ing. Per DOD 4525.6-M, mail is only allowed to be held for 30 days with or without prior notice. Mail is considered unclaimed on day 31 and will

be returned to the sender. Email the post office to authorize pick up for your mail and packages. When PCS'ing, provide a forwarding address. Contact James Smith with questions at 480-3461 and [james.e.smith2295@army.mil](mailto:james.e.smith2295@army.mil).

#### REGULATIONS

TOBACCO USE. USAG-KA Policy Memorandum 600-8 protects others from the negative impact of tobacco use. On USAG-KA, smoking is permitted in designated smoking areas only. Smoking and cigarette butt receptacles must be at least 50 feet from the entrance of facilities.

VEGETATION. Per USAG-KA Regulation 420-1, vegetation may not be planted in the ground without approved permits. Residents may be asked to remove items if planted without approval. Do not place sprouted coconuts in yards.

## Community Information Exchange

Wednesday, Jan. 17  
6:30 - 7:30 p.m.  
MP Room

The community is invited to attend.  
Topics include:

- Internet
- Food Services
- Child & Youth Services
- UXO Clearance
- Emergency Planning
- Upcoming MWR events



Kwajalein



MIA Project

**NEVER FORGET.**  
<https://kwajaleinmiaproject.us/>

**DON'T TAKE CULTURAL ARTIFACTS.** It is illegal to remove cultural resources from the atoll. This includes any protected species, unexploded ordnance, WWII-era artifacts and ancient Marshallese artifacts. These resources are protected under U.S. federal and RMI law. Do not remove these pieces of atoll history from Kwajalein. Contact the Kwajalein Archaeology Office at 480-8867.

**EMERGENCY MANAGEMENT.** If an emergency or disaster occurred, would you and your family be notified? 1) Visit the USAG-KA Emergency Management webpage, <https://home.army.mil/kwajalein/index.php/my-fort/EM>; 2) Click on "Mass Notification"; 3) Follow the registration instructions.

**CANDLES** and open flames are not permitted in BQ rooms. The Kwajalein Fire Department thanks you for keeping your neighbors safe.

**RADIO**  
**HAM SHACK** Amateur Radio Operators. All amateur operators will now be required to file for a Marshall Islands call-sign. Please contact Lisa @V73ML1@gmail.com for an application and information.

**FM99 THE WAVE & 97.9 ROI RAT RADIO.** Tune in 7 - 9 a.m., 11 a.m. - 1 p.m. and 4 - 6 p.m. Tuesday through Saturday for live broadcasting, music, and community updates.

**RF EQUIPMENT.** Bringing new Radio Frequency equipment or wireless devices on island? Please contact the NETCOM Spectrum Management Office. This may require three months' approval process. Report any interference problems ASAP. Home use of commercial electronics does not require approval. Call 480-4135.

#### TAXI SERVICE

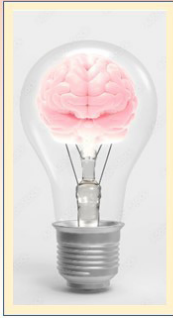
Call 480-TAXI (8294) or 3341 to book your ride at least 24 hours in advance of your check-in time.

#### WARDROBE FOR VISITING EBEYE

When visiting Ebeye in the Marshall Islands, it is advisable to dress modestly and respectfully, considering the local cultural norms and the warm tropical climate. Here are some general guidelines for both men and women by Yolanie Korab.

#### CLOTHING FOR MEN

Opt for lightweight, breathable fabrics



# OCEANVIEW QUIZZO

## Monday, Feb. 12

### 8 p.m. at the Oceanview Club

**Test your knowledge! Team trivia contest, arrive early to register your team. Team size not to exceed number of people per table.**



**Interested in hosting Quizzo?**  
**Visit the MWR Desk at the Grace Sherwood Library or call 480-3133.**



### January is Weight Loss Awareness Month Start 2024 with your pet the healthy way!

In the United States 59.5 percent of cats and 55.8 percent of dogs have been classified as overweight or obese, according to the Association for Pet Obesity Prevention. Animals that are obese are at an increased risk of experiencing: heart, lung, liver, and/or gastrointestinal diseases; diabetes; arthritis; decreased immune function; and overall decreased quality of life. If an animal is too obese, he/she may not be fit for travel off-island. Diet and exercise (during cool times of the day) are recommended.

For more information, please contact  
Kwajalein Veterinary services at: **480-2017**  
and [KwajaleinVeterinaryClinic@international.sosgs.us](mailto:KwajaleinVeterinaryClinic@international.sosgs.us).



such as cotton or linen to stay comfortable in the warm and humid weather. Wear collared shirts or T-shirts that cover the shoulders. Avoid sleeveless shirts or tank tops, as they may be seen as inappropriate. Choose knee-length shorts or trousers. Avoid wearing excessively short shorts or swimwear in public.

#### CLOTHING FOR WOMEN

**DRESSES OR SKIRTS:** Women should wear knee-length or longer dresses, skirts, or sarongs, and not pants. Loose-fitting and lightweight fabrics are recommended. Select modest tops that cover the

shoulders and avoid low necklines or revealing clothing. Hats or caps are useful for protecting yourself from the sun, especially during the hot daytime hours. Apply sunscreen, wear sunglasses, and carry a light shawl or umbrella for extra sun protection.

#### FOOTWEAR FOR MEN AND WOMEN:

Comfortable shoes or sandals are suitable. Sandals are easy to slip on and off when visiting homes or certain establishments.

# WEATHER AND TIDES

// RTS WEATHER STATION

## WEATHER DISCUSSION

This weekend will see the breezy mostly dry conditions of the workweek, continue through the weekend.

The central RMI will be under the dominating influence of a relatively strong pressure gradient between a subtropical high-pressure centered north of Hawai'i and the lower pressure of the Intertropical Convergence Zone, currently terminating south of the RMI. This set-up will keep our winds out of the northeast mostly in the middle to upper teens.

We are looking at an increase in winds on Sunday morning, due to more favorable positioning of the subtropical high ridges to the north.

This element will also lead to a slight increase in shower activity, because of trade wind speed convergence on Sunday morning. Shower activity into the weekend will be rather scarce except for the bump

in shower chances on Sunday.

This typical windy season pattern has a negative effect on shower coverage and intensity, due to the inversion and dry conditions that it promotes at about 10,000 feet. The thunderstorm risk will be nearly zero for this weekend, as almost all elements necessary for their development throughout the atmospheric column will be negative.

Expect these breezy mostly dry conditions to continue into the workweek with winds gradually increasing into the upper teens and low 20s toward the middle of next week.

## SATURDAY

Mostly to partly sunny with only stray possible showers. Winds NE-ESE at 12-17 knots with gusty winds possible near any showers.

## SUNDAY

Partly sunny with isolated showers in the morning, decreasing to stray

showers in the afternoon. Winds NE-ESE at 15-20 knots with gusty winds near showers.

## MONDAY

Partly sunny with isolated to stray showers late morning, decreasing to stray showers in the afternoon. Winds NE-ESE at 14-19 knots with gusty winds near any showers.

## NEXT WEEK

The workweek will be highlighted by an increase in winds speeds into the low 20s on Wednesday and Thursday with gust approaching 30 knots at times, which may lead to a Small Craft Advisory for that period.

These conditions will be the result of a stronger pressure gradient that will be more driven by the strength of the ITCZ, that will be set up south of the RMI. Shower chances are still expected to be mostly stray in nature with some spurts of increased showers due to trade wind speed convergence.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	7:06 a.m. 6:44 p.m.	2:40 a.m. 2:38 p.m.	12:29 a.m. 2.2' 1:20 p.m. 3.2'	6:31 a.m. 0.8' 8:04 p.m. 0.7'
MONDAY	7:06 a.m. 6:45 p.m.	3:33 a.m. 3:27 p.m.	1:49 a.m. 2.4' 2:14 p.m. 3.6'	7:36 a.m. 0.6' 8:55 p.m. 0.3'
TUESDAY	7:06 a.m. 6:45 p.m.	4:30 a.m. 4:22 p.m.	2:46 a.m. 2.6' 2:59 p.m. 4.0'	8:29 a.m. 0.3' 9:37 p.m. -0.2'
WEDNESDAY	7:07 a.m. 6:46 p.m.	5:32 a.m. 5:23 p.m.	3:32 a.m. 2.9' 3:42 p.m. 4.4'	9:15 a.m. -0.1' 10:17 p.m. -0.5'
THURSDAY	7:07 a.m. 6:46 p.m.	6:35 a.m. 6:27 p.m.	4:13 a.m. 3.2' 4:23 p.m. 4.7'	9:58 a.m. -0.3' 10:56 p.m. -0.8'
FRIDAY	7:07 a.m. 6:47 p.m.	7:37 a.m. 7:32 p.m.	4:53 a.m. 3.4' 5:03 p.m. 4.9'	10:39 a.m. -0.5' 11:34 p.m. -0.9'
JANUARY 13	7:08 a.m. 6:47 p.m.	8:35 a.m. 8:35 p.m.	5:32 a.m. 3.5' 5:43 p.m. 5.0'	11:20 a.m. -0.6' -----

# MOVIE SHOWTIMES

Shows start at at 7:30 p.m.

## RICHARDSON THEATER

Saturday, Jan. 6  
"Willy Wonka And The Chocolate Factory"  
(G) 100 Min.

Sunday, Jan. 7  
"Up"  
(Pg) 96 Min.

Saturday, Jan. 13  
"Casper" (1995)  
(Pg) 100 Min.

Sunday, Jan. 14  
"Clifford The Big Red Dog"  
(Pg) 96 Min.

Saturday, Jan. 20  
"Dc League Of Super-Pets"  
(Pg) 105 Min.

Sunday, Jan. 21  
"Encanto"  
(Pg) 102 Min.

Saturday, Jan. 27  
"Fantastic Four: Rise Of The Silver Surfer"  
(Pg) 92 Min.

Sunday, Jan. 28  
"Ice Age: Collision Course"  
(Pg) 94 Min.

Saturday, Feb. 3  
"Groundhog Day"  
(Pg) 101 Min.

Sunday, Feb. 4  
"Indiana Jones And The Temple Of Doom: (1984)  
(Pg) 118 Min.

Saturday, Feb. 10  
"Lightyear"  
(Pg) 100 Min.

Sunday, Feb. 11  
"Lyle, Lyle Crocodile"  
(Pg) 106 Min.

Saturday, Feb. 17  
"Madagascar"  
(Pg) 86 Min.

Sunday, Feb. 18  
"Minions: The Rise Of Gru"  
(Pg) 87 Min.

Saturday Feb. 24  
"Paw Patrol: The Mighty Movie"  
(G) 86 Min.

Sunday Feb. 25  
"Ralph Breaks The Internet"  
(Pg) 112 Min.

## YUK THEATER

Saturday, Jan. 6  
"Expendables"  
(R) 103 Min.

Sunday, Jan. 7  
"Father Stu"  
(R) 124 Min.

Saturday, Jan. 13  
"Flags Of Our Fathers"  
(R) 135 Min.

Sunday, Jan. 14  
"How To Lose A Guy In 10 Days"  
(Pg-13) 124 Min.

Saturday, Jan. 20  
"Dumb Money"  
(R) 105 Min.

Sunday, Jan. 21  
"Free Guy"  
(Pg-13) 115 Min.

Saturday, Jan. 27  
"Kandahar"  
(R) 119 Min.

Sunday, Jan. 28  
"Mad Max – Fury Road"  
(R) 120 Min.

Saturday, Feb. 3  
"Mechanic: Resurrection"  
(R) 98 Min.

Sunday, Feb. 4  
"The Equalizer"  
(2014) R 132 Min.

Saturday, Feb. 10  
"The Menu"  
(R) 107 Min.

Sunday, Feb. 11  
"Love Again"  
(Pg-13) 104 Min.

Saturday, Feb. 17  
"The Nun II"  
(R) 110 Min.

Sunday, Feb. 18  
"Aquaman"  
(Pg-13) 143 Min.

Saturday, Feb. 24  
"Malignant"  
(R) 111 Min.

Sunday, Feb. 25  
"Barbie"  
(Pg-13) 114 Min.

## ROI-NAMUR C-BUILDING

Saturday, Jan. 6  
"Paul, Apostle Of Christ"  
(Pg-13) 108 Min.

Sunday, Jan. 7  
"Solo: A Star Wars Story"  
(Pg-13) 135 Min.

Saturday, Jan. 13  
"Mama Mia! Here We Go Again"  
(Pg-13) 114 Min.

Sunday, Jan. 14  
"Rampage"  
(Pg-13) 107 Min.